

Healthy & Safe Body Unit Overview

A Grade 4 and 5 Health Education Curriculum

Lesson Title	Learning Objectives: SWBAT...	Lesson Outline
Lesson 1: Spotlight on: Healthy Relationships	<ul style="list-style-type: none"> - Explore the characteristics of healthy relationships - Identify the skills needed to maintain healthy relationships of all kinds 	<ul style="list-style-type: none"> • Brainstorm: Establishing Group Agreements • Brainstorm: What Makes a Healthy Relationship? • Red Light, Yellow Light, Green Light Activity • Pair Share: Media Relationships vs Real Life Role Models • Homework Assignment
Lesson 2: Spotlight on: Gender Roles in Advertising	<ul style="list-style-type: none"> - Explore the concept of gender roles & body image - Identify stereotypical and non-stereotypical gender roles through exploring media, identifying the restrictions and potential harm stereotypes can cause 	<ul style="list-style-type: none"> • Gender Stereotyping Activity through Magazine photos • Gender Stereotyping Activity through TV Ads • Media Sleuth: Worksheet • Homework
Lesson 3: My Body, My Self: Exploring Body Growth & Care	<ul style="list-style-type: none"> - Identify how males and females experience puberty in different ways, both physically and emotionally 	<ul style="list-style-type: none"> • Brainstorm: Defining Puberty • Puberty Activity • Self-Care Scenarios <i>or</i> Explore Puberty Survival Kits • Homework Assignment
Lesson 4: My Body, My Self: Staying Well	<ul style="list-style-type: none"> - Distinguish between illnesses caused by germs and those caused by other factors - Explain how bodies have an immune system to fight infection - Identify ways to prevent the spread of germs, including needle education 	<ul style="list-style-type: none"> • Immune System Information and Video • Germs/Illness Card Sort Activity • Needle Education • Zap the Germ Matching Activity • Homework Assignment
Lesson 5: Personal Safety: Boundaries	<ul style="list-style-type: none"> - Define sexual harassment, identify warning signs - Identify parents or other trusted adults to tell if being sexually harassed or abused - Demonstrate ways to treat others with dignity and respect 	<ul style="list-style-type: none"> • Boundary Circle Activity • Fist Bump Activity • Behavior Investigation! • Assessment and Extension Activities
Lesson 6: Personal Safety: Online	<ul style="list-style-type: none"> - Compare and contrast online-only friends and in-person, face-to-face friends - Analyze why private information should not be given to anyone online without the permission of a trusted adult - Debate how to respond if online-only friend asks them personal questions 	<ul style="list-style-type: none"> • You're in Charge! Activity • Stay Safe Activity • Talking Safely Online Assessment

Please note: All lessons begin with a Do Now Activity and end with an Exit Ticket.